

ABSTRACT OF THE DISCLOSURE

To provide a radio transmission method and a radio transmission apparatus capable of performing a highly-efficient radio transmission depending on the number of communicating stations, a predetermined frame period is prescribed, a management information transmitting field being provided within the frame period, a station sync transmit/receive interval being provided within the management information transmitting field and an arbitrary communicating station being designated to transmit a station sync at plural frame period intervals during the station sync transmit/receive interval. Thus even if only the station sync transmitting area corresponding to the number which is less than the number of communicating stations forming a network exists within one frame, the station sync can be transmitted and received.